

WHAT IS CLAIMED IS:

1. A soft tissue anchor device, comprising:
 - an elongate body, having a proximal end and a distal end;
 - a helical anchor on the distal end;
 - a retention structure on the body, proximal to the anchor;
 - a proximal anchor, moveably carried by the body; and
 - an adjustable flange configured to receive the proximal anchor, the proximal anchor configured to be rotational with respect to the flange, the adjustable flange configured to be positioned at a variable angle with respect to the body;
wherein the proximal anchor is moveable in the distal direction with respect to the body and the retention structure resists proximal movement of the proximal anchor with respect to the body.
2. The soft tissue anchor of Claim 1, wherein, upon installation of the soft tissue anchor device, the soft tissue anchor device attaches a soft tissue to a hard tissue and the flange retains the soft tissue anchor in the hard tissue preventing proximal or distal movement of the soft tissue anchor device.
3. The soft tissue anchor device of Claim 1, wherein the flange comprises a proximal surface and a distal surface having at least one spike protruding from the distal surface.
4. The soft tissue anchor device of Claim 3, wherein the flange comprises a plurality of spikes protruding from the distal surface of the flange, the plurality of spikes being spaced around a perimeter of the flange.
5. The soft tissue anchor device of Claim 4, wherein the plurality of spikes are spaced equidistantly relative to each other.
6. The soft tissue anchor device of Claim 1, wherein the body is cannulated.
7. The soft tissue anchor device of Claim 1, wherein the flange comprises a flange recess configured to be engageable with an installation tool.
8. The soft tissue anchor device of Claim 1, wherein the flange comprises a flange recess; and further comprising a removable rotation member comprising a proximal end configured to removably engage with flange recess and a distal end configured to removably engage with an installation tool.

9. The soft tissue anchor device of Claim 1, wherein the elongate body is made of titanium.
10. The soft tissue anchor device of Claim 1, wherein the elongate body is made of a bioabsorbable polymeric material.
11. The soft tissue anchor device of Claim 1, wherein the elongate body is made of a nonabsorbable polymeric material.
12. The soft tissue anchor device of Claim 1, wherein the elongate body has a length in a range of about 10 mm to about 80 mm.
13. The soft tissue anchor device of Claim 1, wherein the elongate body has a diameter in a range of 2 mm to about 6 mm.
14. The soft tissue anchor device of Claim 1, wherein the helical anchor has a major diameter in a range of about 3.5 mm to about 30 mm.
15. A method of fixing tissue to a bone, the method comprising:
 - (a) advancing a fixation device through the tissue and into the bone, the fixation device comprising a body having a first portion that forms a bone anchor and a removable portion that forms a proximal end;
 - (b) rotating a proximal anchor of the fixation device so as to engage the bone anchor with the bone through the tissue;
 - (c) advancing the proximal anchor distally along the fixation device and into an adjustable flange to install the fixation device; and
 - (d) adjusting the flange to secure the tissue to the bone.
16. The method of Claim 15, further comprising before (a) providing a bore in the bone; and wherein the fixation device is advanced through the tissue and into the bore.
17. The method of Claim 15, wherein the flange is adjusted using a ratcheting motion.
18. The method of Claim 15, wherein the bore is provided in the bone by self-tapping the fixation device.
19. The method of Claim 15, wherein the bore is provided in the bone by pre-drilling the bore.
20. The method of Claim 15, wherein after the flange is adjusted to secure the tissue to the bone, the flange retains the fixation device and prevents proximal or distal movement of the fixation device.